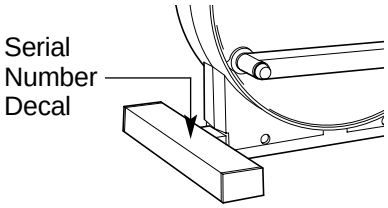
PRO-FORM® 545e

elliptical trainer

Model No. PFCCEL03900
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE:

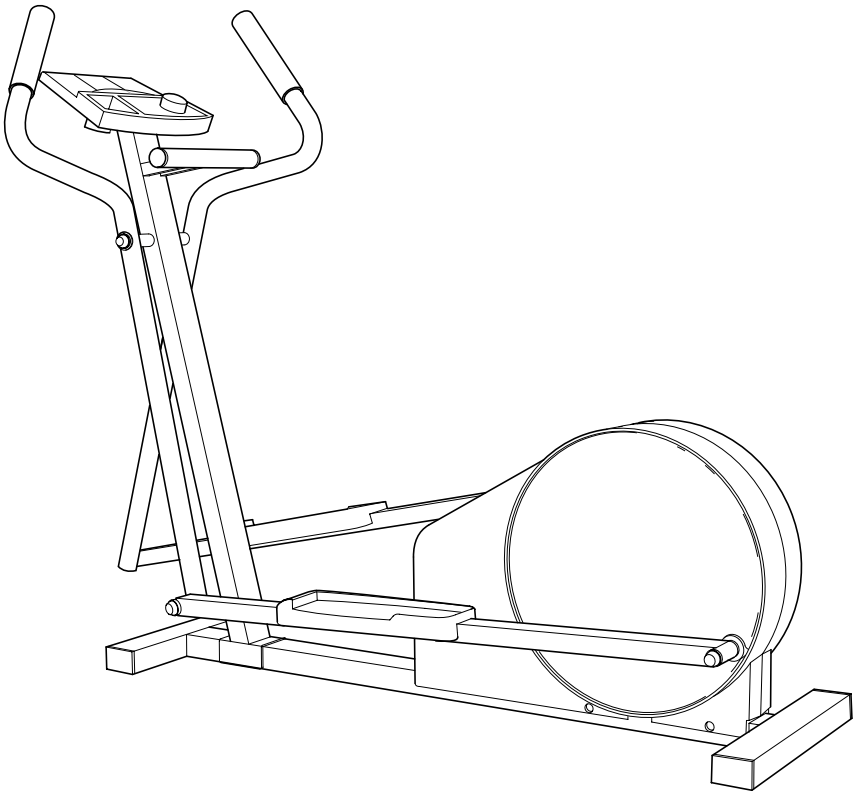
1-888-936-4266

Mon.–Fri., 8 a.m.–6:30 p.m. EST

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



Visit our website at

www.proform.com

PRO-FORM® 545e

elliptical trainer

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PROFORM is a registered trademark of ICON Health & Fitness, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the PROFORM® 545E elliptical trainer.

1. **Read all instructions in this manual before using the elliptical trainer.**
2. **Use the elliptical trainer only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the elliptical trainer are adequately informed of all precautions.**
4. **Place the elliptical trainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical trainer indoors, away from moisture and dust.**
5. **Inspect and tighten all parts regularly. Replace any worn parts immediately.**
6. **Keep children under the age of 12 and pets away from the elliptical trainer at all times.**
7. **The elliptical trainer should not be used by persons weighing more than 115 kg (250 lbs.).**
8. **Wear appropriate clothing when using the elliptical trainer. Always wear athletic shoes for foot protection.**
9. **When mounting and dismounting the elliptical trainer, always hold the handlebars or the T-handle and step onto and off the pedal that is in the lowest position.**
10. **Each time you stop exercising on the elliptical trainer, allow the pedals to come to a complete stop before dismounting.**
11. **Always keep your back straight when using the elliptical trainer. Do not arch your back.**
12. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**
13. **The elliptical trainer is intended for in-home use only. Do not use the elliptical trainer in a commercial, rental, or institutional setting.**

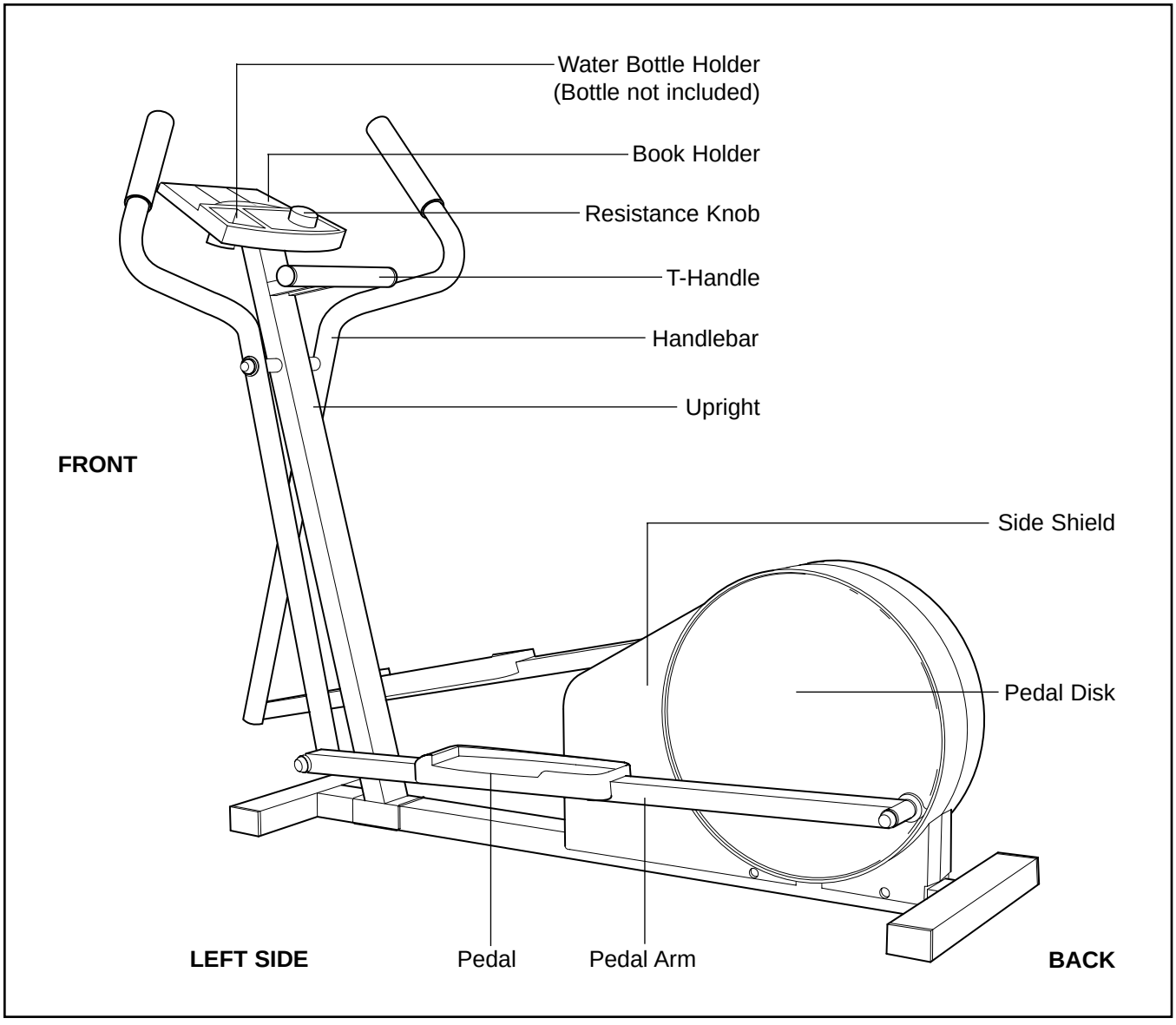
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® 545e elliptical trainer. The 545e is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique 545e features adjustable resistance, upper-body and stationary handlebars, and a multi-mode console to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from PROFORM.

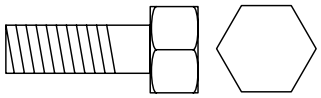
For your benefit, read this manual carefully before you use the elliptical trainer. If you have questions after reading the manual, call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8 a.m. until 6:30 p.m. Eastern Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFCCEL03900. The serial number can be found on a decal attached to the elliptical trainer (see the front cover of this manual for the location of the decal).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.

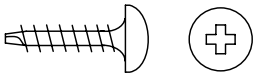


PART IDENTIFICATION CHART

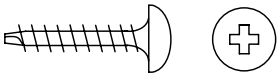
Use the chart below to identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part, from the PART LIST on page 13. **Note: Some parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.**



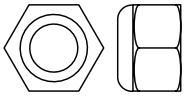
M6 x 16mm Screw (54)



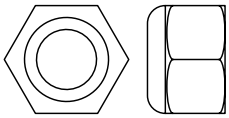
M4 x 16mm Round Head Screw (38)



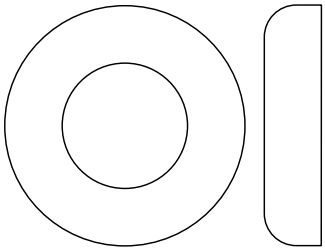
M4 x 19mm Round Head Screw (16)



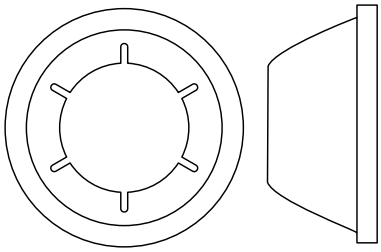
M6 Black Nylon Locknut (55)



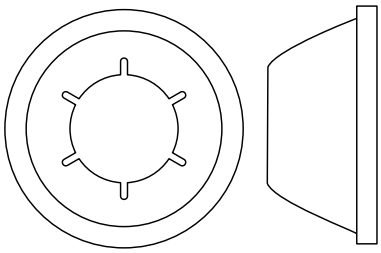
M10 Nylon Locknut (29)



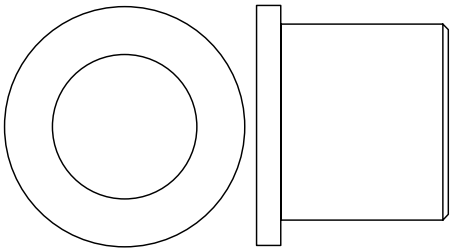
Weld Spacer (49)



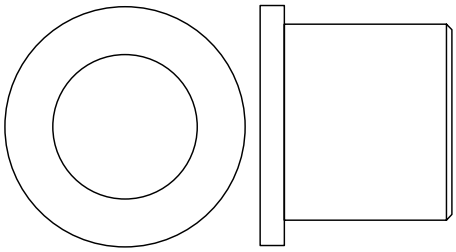
3/4” Axle Cap (43)



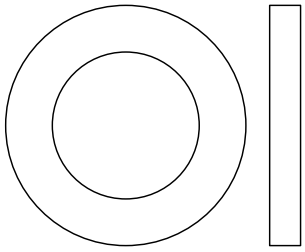
5/8” Axle Cap (57)



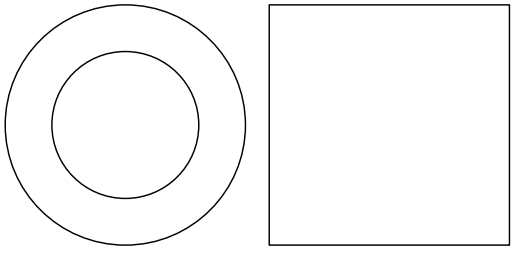
Pedal Arm Bushing (42)



Rear Pedal Arm Bushing (11)



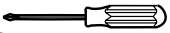
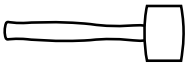
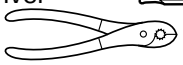
Handlebar Spacer (39)



Pedal Arm Spacer (41)

ASSEMBLY

Assembly requires two people. Place all parts of the elliptical trainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires that you have a phillips screwdriver  , two adjustable wrenches , a rubber mallet  , and a pair of pliers  .

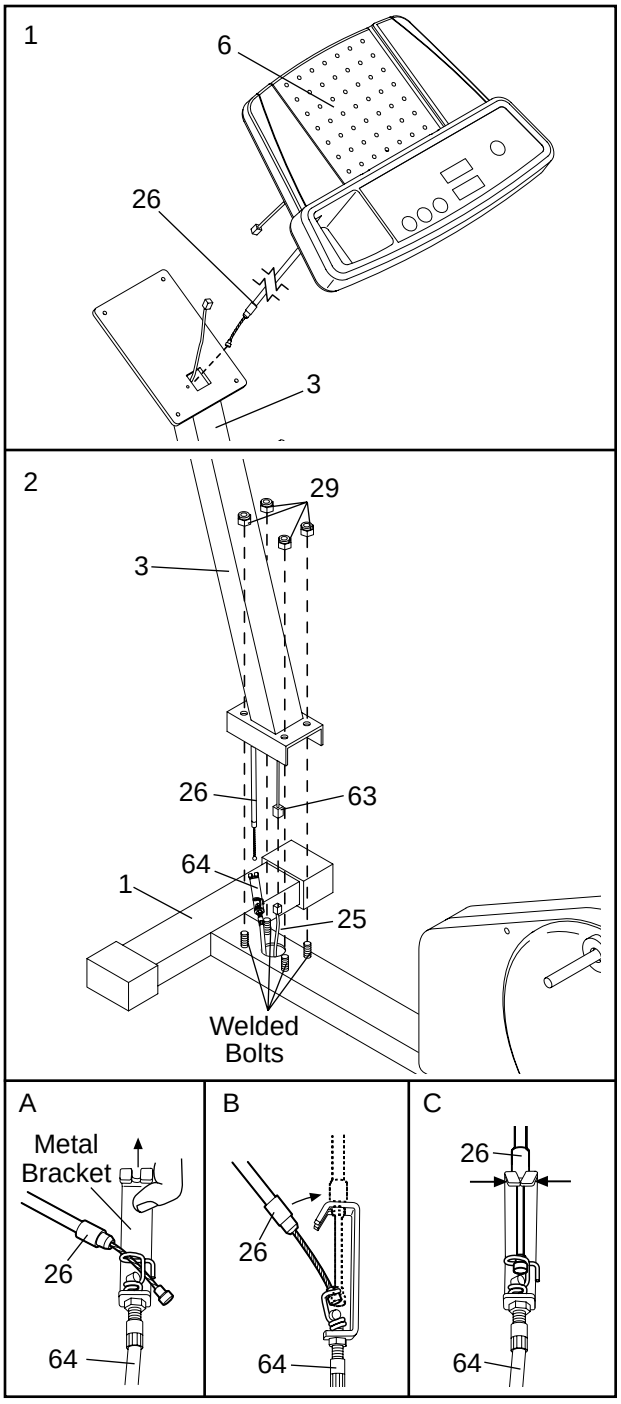
1. While another person holds the Console (6) near the Upright (3), insert the Resistance Cable (26) down through the Upright.

2. While another person holds the Upright (3) near the Frame (1) as shown, connect the Extension Wire (63) to the Sensor Wire (25).

   Next, connect the Resistance Cable (26) to the Lower Cable (64) in the following way:

   - Refer to drawing A. Pull up on the metal bracket, and insert the tip of the Resistance Cable (26) into the wire clip on the Lower Cable (64) as shown.
   - Refer to drawing B. **Firmly** pull the Resistance Cable (26) and slide it into the metal bracket on the Lower Cable (64) as shown.
   - Refer to drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket together.

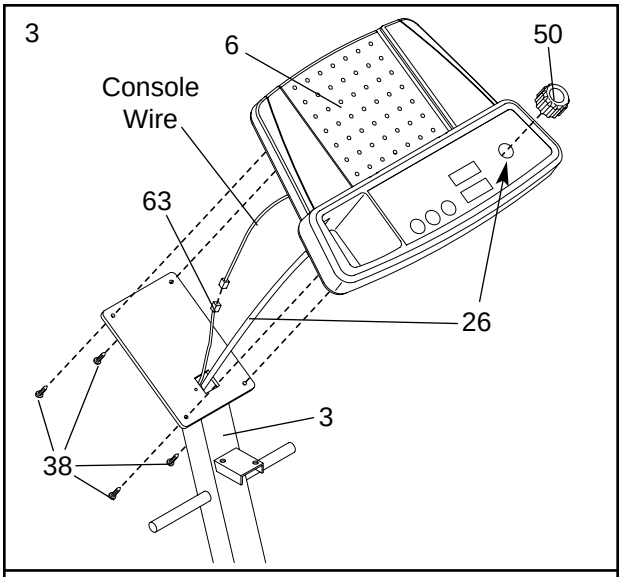
   Slide the Upright (3) onto the welded bolts on the Frame (1). **Make sure that the Resistance Cable (26) doesn't become caught on the Frame (1) or the Upright (3). Be careful to avoid pinching the Resistance Cable and the Sensor Wire (25) between the the Frame and the Upright.** Tighten an M10 Nylon Locknut (29) onto each welded bolt.



3. While another person holds the Console (6) near the Upright (3), connect the console wire to the Extension Wire (63).

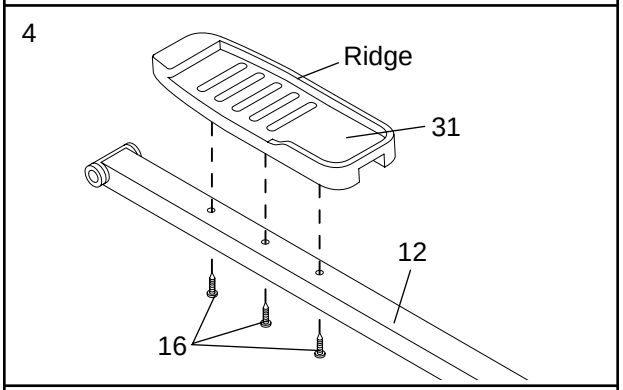
   Make sure the slack Resistance Cable (26) is pulled up out of the Upright (3). Feed the slack Extension Wire (63) down into the Upright (3). Push the excess Resistance Cable into the Console (6). Attach the Console to the Upright with four M4 x 16mm Round Head Screws (38). **Be careful to avoid pinching the Resistance Cable and the Extension Wire.**

   Press the Resistance Knob (50) onto the Resistance Cable (26).



4. Find the Left Pedal (31), which has a ridge on the right side. Attach the Left Pedal to one of the Pedal Arms (12) with three M4 x 19mm Round Head Screws (16) as shown.

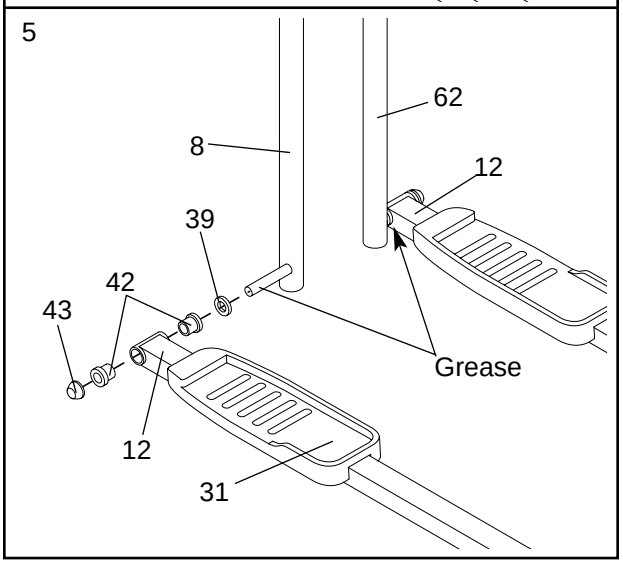
   Repeat this step to attach the Right Pedal to the other Pedal Arm (not shown).



5. Locate the Left Handlebar (8) (there is an “L” sticker on the Left Handlebar for identification). Apply a thin film of the included grease to the axle at the lower end of the Left Handlebar.

   Slide a Handlebar Spacer (39) and the Pedal Arm (12) with the Left Pedal (31) onto the Left Handlebar (8) as shown. Make sure that there are two Pedal Arm Bushings (42) in the Pedal Arm. (Note: These parts fit tightly; it may be helpful to use a rubber mallet). Next, refer to the PART IDENTIFICATION CHART on page 5 and identify the 3/4” Axle Caps (43). Tap a 3/4” Axle Cap onto the Left Handlebar.

   Repeat this step to attach the other Pedal Arm (12) to the Right Handlebar (62).



6. Slide a Weld Spacer (49) onto the left axle on the Upright (3). Make sure that the open side of the Weld Spacer is facing the Upright.

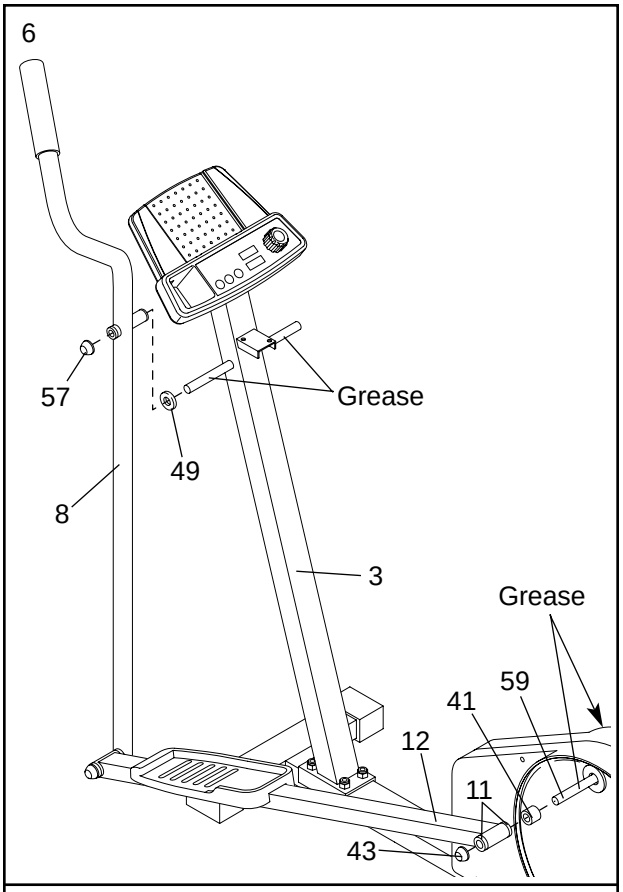
   Apply a thin film of the included grease to the axles and crank arms in the locations indicated.

   Slide a Pedal Arm Spacer (41) onto the left Crank Arm (59). Make sure that there are two Rear Pedal Arm Bushings (11) in the Pedal Arm (12) attached to the Left Handlebar (8).

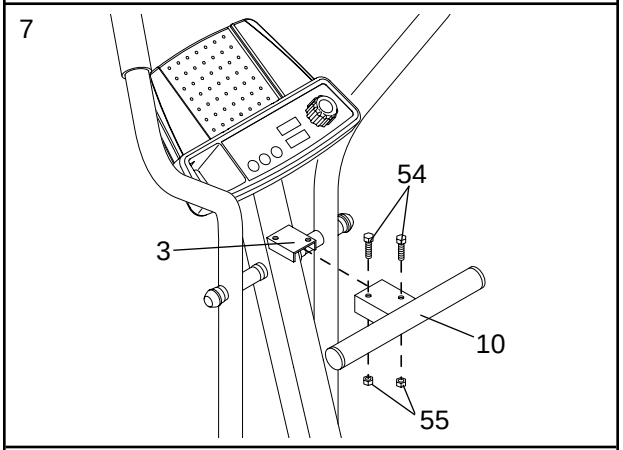
   With the help of another person, slide the Left Handlebar (8) onto the left axle on the Upright (3) while sliding the left Pedal Arm (12) onto the left Crank Arm (59). Note: These parts fit tightly; it may be helpful to use the rubber mallet. In addition, it may be helpful to rotate the left Crank Arm to a different position.

   Tap a 5/8" Axle Cap (57) onto the left axle on the Upright (3). Tap a 3/4" Axle Cap (43) onto the left Crank Arm (59).

   Repeat this step to attach the Right Handlebar and the right Pedal Arm (not shown).

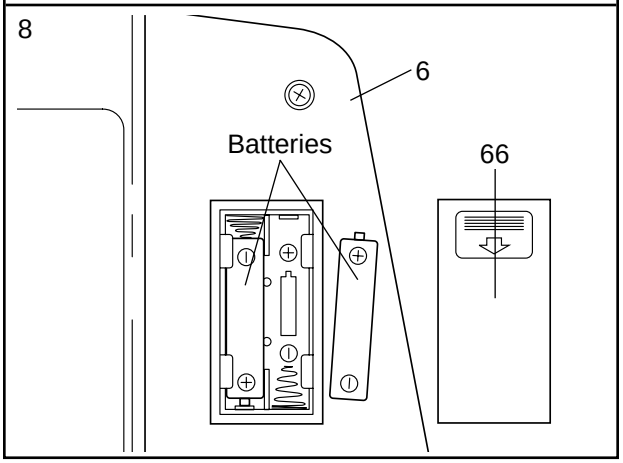


7. Attach the T-Handle (10) to the Upright (3) with two M6 x 16mm Screws (54) and two M6 Black Nylon Locknuts (55).



8. The Console (6) requires four "AA" batteries (not included). Alkaline batteries are recommended.

   To install batteries, look under the Console (6) and locate the two Battery Covers (66)—there is one Battery Cover on each side. Remove the Battery Covers by sliding them in the direction shown by the arrows on the Battery Covers. Insert two batteries into each battery compartment; **make sure that all four batteries are turned so the negative ends (marked "–") are touching the springs in the battery compartments.** Then, reattach the Battery Covers by sliding them in the opposite direction.

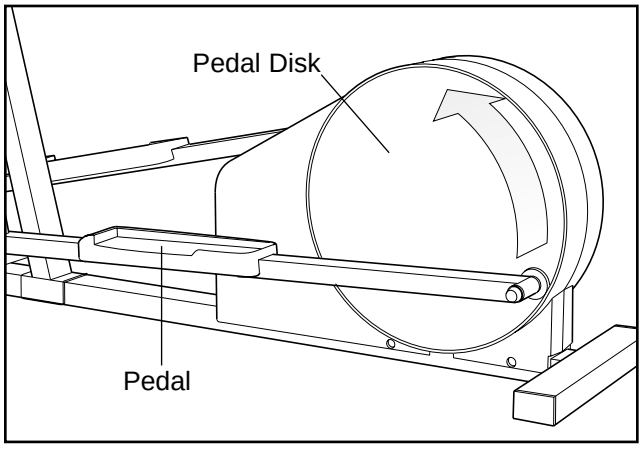


9. **Make sure that all parts of the elliptical trainer are properly tightened.** Place a mat under the elliptical trainer to protect the floor or carpet from damage.

HOW TO USE THE ELLIPTICAL TRAINER

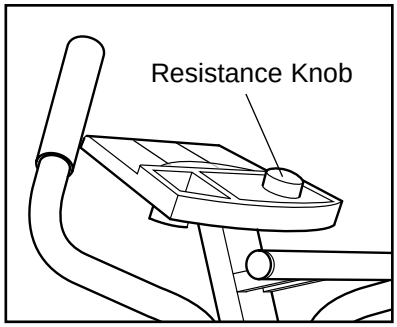
HOW TO EXERCISE ON THE ELLIPTICAL TRAINER

To mount the elliptical trainer, firmly hold the handlebars or the T-handle and carefully step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you turn the pedal disks in the direction shown below; however, to give variety to your exercise, you may choose to turn the pedal disks in the opposite direction.**



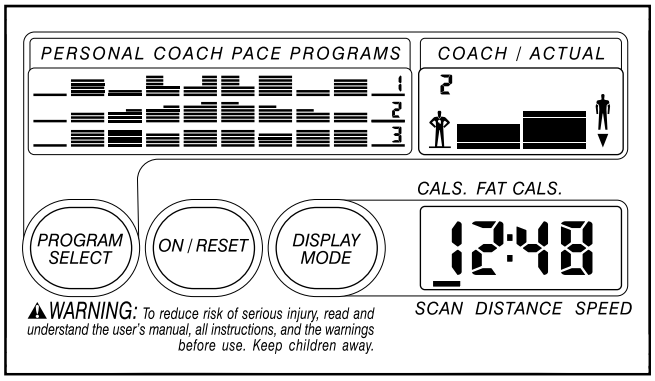
To dismount the elliptical trainer, allow the pedals to come to a complete stop. **CAUTION: The elliptical trainer does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

HOW TO ADJUST THE RESISTANCE OF THE PEDALS



As you exercise, you can adjust the resistance of the pedals with the resistance knob on the console. To increase the resistance, turn the knob clockwise; to decrease the resistance, turn the knob counterclockwise.

DESCRIPTION OF THE CONSOLE



The innovative console offers a manual mode and three personal coach pace programs. The pace programs are designed to help you achieve specific exercise goals by pacing your exercise. You can choose from a stamina-building interval program, an aerobic program, and a special fat burning program. The console also features six modes that display instant exercise feedback. The modes are described below:

Calories—This mode shows the approximate number of calories you have burned.

Fat Calories—This mode shows the approximate number of *fat calories* you have burned (see Burning Fat on page 12).

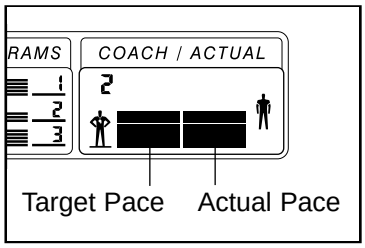
Time—If you select the manual mode, this mode will show the elapsed time. If you select one of the three pace programs, this mode will count down the time remaining in the program. Note: When you stop exercising, the time will flash when it is displayed.

Distance—This mode shows your total distance, in miles.

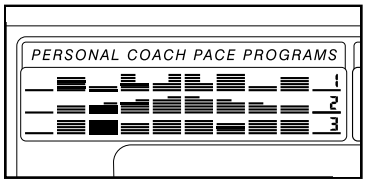
Speed—This mode shows your exercise pace, in miles per hour.

Scan—This mode displays the other five modes, for seven seconds each, in a repeating cycle.

HOW THE PACE PROGRAMS OPERATE



When you use a pace program, two columns of bars will appear in the upper display. The left column represents a target pace, and the right column shows your actual exercise pace. The target pace will change periodically during the program; as the target pace changes, simply adjust your pace to keep both columns at the same height. **Important: The target pace is a *goal* pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**



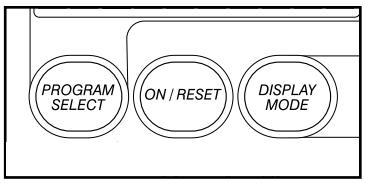
The three graphs on the console show how the target pace will change during the programs. During the Aerobic program (program 2), for example, the target pace will gradually increase during the first half of the program, and gradually decrease during the last half of the program. Each program will last for twenty minutes.

STEP-BY-STEP CONSOLE OPERATION

Before the console can be operated, batteries must be installed. See assembly step 8 on page 8.

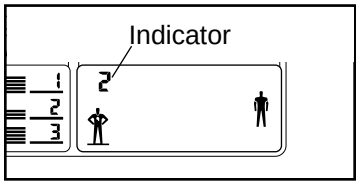
Follow the steps below to operate the console.

1 Turn on the power



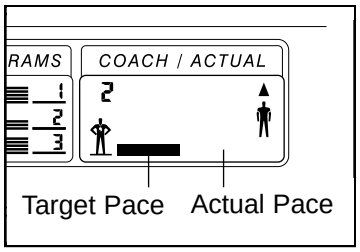
To turn on the power, press the on/reset button or simply begin exercising. The entire display will appear for two seconds; the console will then be ready for use. Note: If batteries were just installed, the power will already be on.

2 Select one of the three pace programs or the manual mode



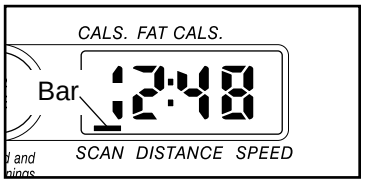
To select one of the pace programs, repeatedly press the program select button. A 1, 2, or 3 will appear in the upper display to show which program you have selected. To select the manual mode, press the program select button until no number appears in the upper display. The programs will be selected in the following order: program 1 (interval), program 2 (aerobic), program 3 (fat burn), manual mode.

3 Begin your workout



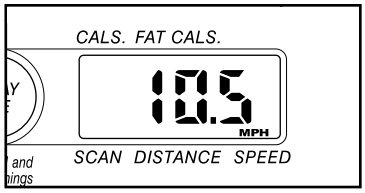
If you selected the manual mode, go to step 4. If you selected one of the pace programs, two columns of bars will appear in the upper display. The left column will show a target pace. The right column will show your actual exercising pace. Adjust your pace until the same number of bars appear in both columns. The arrows on the right side of the upper display will show whether you need to increase or decrease your pace. Each time the target pace changes during the program, adjust your pace to keep both columns at the same height.

4 Follow your progress with the six feedback modes



The scan mode— Repeatedly press the mode button until a bar appears above the scan symbol. When the scan mode is selected, the console will display the calories, fat calories, time, distance, and speed modes, for seven seconds each, in a repeating cycle.

The calories, fat calories, time, distance, or speed mode—Repeatedly press the mode button until a bar appears below or above the name of the desired mode. (Note: When the time mode is selected, no bar will appear; when the speed mode is selected, the letters MPH will appear instead of a bar.) Make sure that there is not a bar above the word “scan.”



If desired, press the on/reset button to reset the lower display.

5 **Turn off the power**

To turn off the power, simply wait for about six minutes. If the pedals are not turned and the buttons are not pressed for six minutes, the power will turn off automatically.

MAINTENANCE

Inspect and tighten all parts of the elliptical trainer regularly. Replace any worn parts immediately.

The elliptical trainer can be wiped clean with a soft cloth and mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console. Use only a sealable water bottle in the console.

CONSOLE TROUBLE-SHOOTING

If the console does not function properly, the batteries should be replaced. To replace the batteries, refer to assembly step 8 on page 8.

STORAGE

When storing the elliptical trainer, remove the batteries from the console. Keep the elliptical trainer in a clean, dry location, away from moisture and dust.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

HEART RATE TRAINING ZONES

MIN ♥	125	120	115	110	105	95	90 Fat Burn
BPM	145	138	130	125	118	110	103 Max Burn
MAX ♥	165	155	145	140	130	125	115 Aerobic
AGE	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The smallest number is the recommended heart rate for fat burning; the middle number is the heart rate for maximum fat burning; the largest number is the heart rate for aerobic exercise.

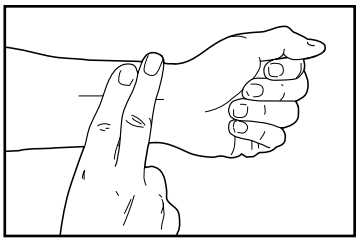
Burning Fat

To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the smallest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number.

Aerobic Exercise

To strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the largest number in your training zone.

HOW TO MEASURE YOUR HEART RATE



To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may plan up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PFCCEL03900

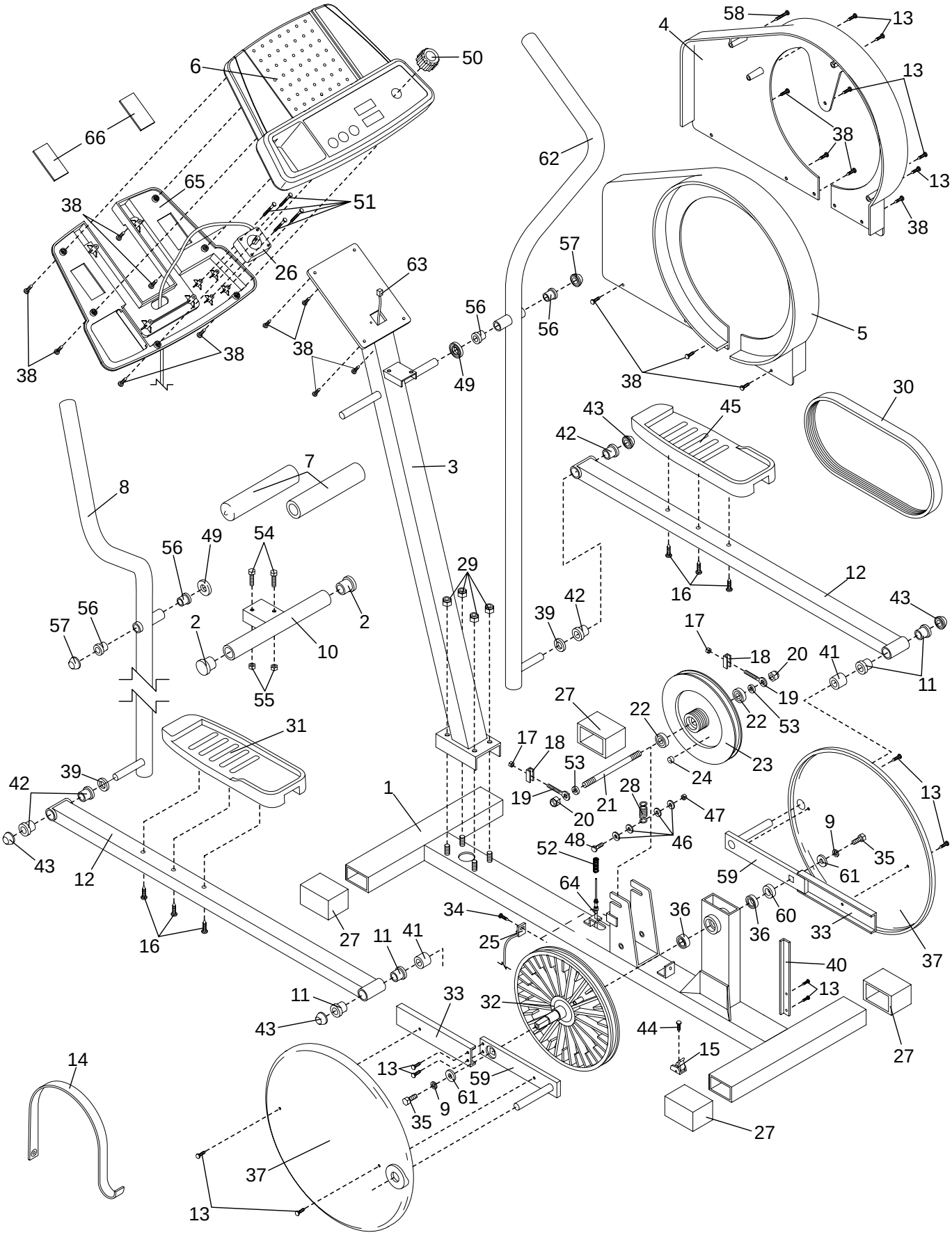
R0601A

Key No.	Qty.	Description
1	1	Frame
2	2	T-Handle Endcap
3	1	Upright
4	1	Right Side Shield
5	1	Left Side Shield
6	1	Console
7	2	Foam Handlebar Grip
8	1	Left Handlebar
9	2	M8 Lock Washer
10	1	T-Handle
11	4	Rear Pedal Arm Bushing
12	2	Pedal Arm
13	13	M5 x 16mm Screw
14	1	Resistance Strap
15	1	Strap Buckle
16	6	M4 x 19mm Round Head Screw
17	2	1/4” Nylon Locknut
18	2	Adjustment Bracket
19	2	M6 Eyebolt
20	2	M10 Nylon Jam Nut
21	1	Flywheel Axle
22	2	Flywheel Bearing
23	1	Flywheel
24	1	Magnet
25	1	Sensor Wire/Reed Switch
26	1	Resistance Control/Cable
27	4	Stabilizer Endcap
28	1	Tension Spring
29	4	M10 Nylon Locknut
30	1	Belt
31	1	Left Pedal
32	1	Pulley w/Shaft
33	2	Crank Arm Extension
34	1	M4 x 16mm Screw
35	2	5/16” Zinc Bolt
36	2	Pulley Bearing
37	2	Pedal Disk
38	17	M4 x 16mm Round Head Screw
39	2	Handlebar Spacer
40	1	Side Shield Bracket
41	2*	Pedal Arm Spacer
42	4	Pedal Arm Bushing
43	4*	3/4” Axle Cap
44	1	M4 x 16mm Flat Head Screw
45	1	Right Pedal
46	4	#8 Flat Washer
47	1	Clamp Nut
48	1	Clamp Bolt
49	2	Weld Spacer
50	1	Resistance Knob
51	4	M4 x 25mm Screw
52	1	Return Spring
53	2	M10 Washer
54	2	M6 x 16mm Screw
55	2	M6 Black Nylon Locknut
56	4*	Pivot Bushing
57	2*	5/8” Axle Cap
58	1	M4 x 64mm Screw
59	2	Crank Arm
60	1	3/4” Plastic Spacer
61	2	5/16” Zinc Washer
62	1	Right Handlebar
63	1	Extension Wire
64	1	Lower Cable
65	1	Console Back
66	2	Battery Cover
#	1	User’s Manual
#	2	Side Shield Decal
#	1	Warning Decal
#	1	Hardware Kit
#	1	Grease Packet

Note: “#” indicates a non-illustrated part. “*” indicates that an extra part may be included. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. PFCCEL03900

R0601A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-936-4266, Mon.–Fri., 8 a.m.–6:30 p.m. EST (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (PFCCEL03900)
- The NAME of the product (PROFORM® 545e elliptical trainer)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see page 13).

PLACE STAMP HERE

ICON of Canada Inc.
900 de l'Industrie
St-Jérôme, Québec
Canada, J7Y 4B8

LIMITED WARRANTY

ICON OF CANADA INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

ICON OF CANADA INC., 900 de l'Industrie, St. Jerôme, QC J7Y 4B8

ICON of/du Canada Inc. WEIDER PRO-FORM WESLO

PRODUCT WARRANTY REGISTRATION

IMPORTANT: MAIL WITHIN 14 DAYS OF PURCHASE

NAME: _____ PHONE: _____

ADDRESS: _____

COUNTY: _____ POSTCODE: _____

MODEL NO.: _____ SERIAL NO.: _____ PURCHASE DATE: _____

RETAILER NAME: _____ RETAILER ADDRESS: _____

1) Primary user(s) of product:
   o Male o Female o Family

2) Age of primary user:
   o 0–24 o 35–44 o 55–64
   o 25–34 o 45–54 o 65 and over

3) Annual household income:
   o 0–9,999 o 15,000–19,999
   o 10,000–14,999 o 20,000+

4) How many times a week do you exercise?
   o Less than 3 times o 3 times or more

5) Have you ever purchased an ICON product before?
   o Yes o No

6) Where did you first see or hear about ICON products?
   o Magazine o Friend/relative
   o Newspaper Ad o Other
   o Store

7) What was the primary reason for purchasing this ICON product?
   o Store Employee o Television Ads o Colour
   o Electronic Features o Magazine Ads o Other
   o Product Design o Product Innovation
   o Price

8) Did you consider purchasing fitness equipment from another manufacturer?
   o No o Yes
   What other manufacturer? _____

9) Based on your impression of what you have purchased, would you buy another ICON product?
   o Yes o No o No Opinion
   If not, what other brand name equipment would you purchase?
   _____

10) What other type of exercise equipment do you own?
   o Bicycle o Exercise Cycle o Treadmill
   o Home Gym o Weight Bench o Other
   o Cardio Glide o Stepper

11) Which type of magazine do you read regularly?
   o Sports o Fitness o Motoring
   o Business o Computer o Other

12) Do you wish to be sent further bulletins about ICON products?
   o Yes o No

THANK YOU FOR YOUR TIME

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